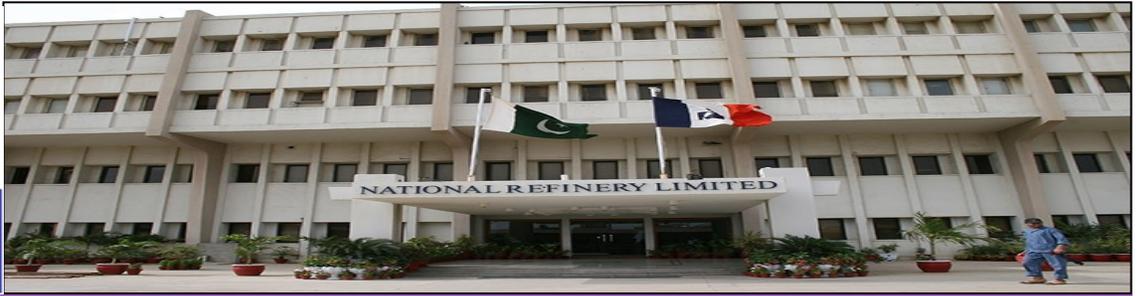
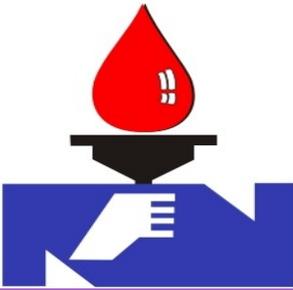


# NATIONAL REFINERY LIMITED



## HSE NEWS LETTER

March —2018

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## Permit to Work System at NRL Korangi & K.T

Permit is regarded as a written agreement between the person authorizing the work and the person receiving the permit to work. During working days in the morning several naked flame hot work permits were audited before issuance of various jobs at different locations inside Refinery by Sr. Engineer, Engineer and HSE / Fire Protection Officers along with respective area custodians. Following Permit to Work were issued in the Month of **March 2018** at Korangi & K.T.

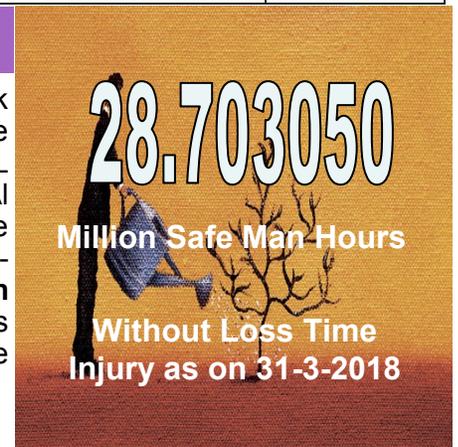
KORANGI REFINERY		KEAMARI TERMINAL	
PERMITS	TOTAL QUANTITY (NOs.)	PERMITS	TOTAL QUANTITY (NOs.)
Hot Work Permit	384	Hot Work Permit	17
Confined Space Entry Permit	12	Confined Space Entry Permit	—
Excavation / Civil Work	07	Excavation / Civil Work	04
Radiography Permit	—	Radiography Permit	—
Crane Operation	16	Crane Operation	01
Cold Work Permit	—	Cold Work Permit	—
Scaffolding Permit	06	Scaffolding Permit	—

Question or concerns regarding this news letter may be directed to:

[Manager HSE](#)  
National Refinery Limited (NRL), 7-B, Korangi Industrial Zone, Karachi - 74900, Pakistan.  
Email: [mgrhse@nrlpak.com](mailto:mgrhse@nrlpak.com)

## Safe Man-Hours

NRL Safety Board is updated by second week of every month. Safety Board shows the number of Safe Man-hours worked by NRL MPT and Non MPT Staff. By the Grace of Al Mighty Allah and joint efforts by all of us, we have achieved **28.703050** millions safe man-hours with out Lost Time Injury as on **March 31st, 2018**. Let us all give top priority towards safety, as there is no job, which cannot be done in a safer way.



## Fire Drill at NRL Korangi & KT

Live Fire / Dry drill is carried out every **Thursday** at 1000 hrs. sharp at NRL Korangi Refinery & Dry Drill is carried out every Wednesday at 1530 hrs. sharp at NRL Keamari Terminal. This drill helps in checking the fitness of fire fighting equipment & imparting training to Auxiliary Staffs as describe in Procedure to gain experience for combating / catering of live fire fighting. HSE department observes the response time during fire drill. Following are the status of Drills practices which were carried out in the month of **March 2018**.

S. No	Date	Team Leader	Nos. of Participant Attended	Nos. of Absentees	Nature of Drill	Response Time (min: sec)
<b>Korangi Refinery</b>						
01.	01-03-2018	Mr. Furqan /Shafiq Babar	11	—	Dry	—
02.	08-03-2018	Shahid Mehmood	09	01	Live	03 min
03.	15-03-2018	Bilal Muhammad Khan	11	—	Live	03 min
04.	22-03-2018	Khan Muhammad	10	01	Live	03 min 50 sec
05	29-03-2018	Salman Ahmed	12		Live	03 min 45 sec
<b>Keamari Terminal (K.T)</b>						
01	07-03-2018	Kazim Raza /Abdul Qadir	04	—	Dry	—
02	14-03-2018	Syed Kazim Raza / S.M Tariq	04	—	Dry	—
03	21-03-2018	Asif Bhatti / Abdul Qadir	05	—	Dry	—
04	28-03-2018	Asif Bhatti / Noor	04	—	Dry	—

## Hose Handling Drill Korangi

Hose handling drill is carried out every **Tuesday** at 1000 hrs. sharp at Fire station NRL Korangi Refinery. This drill helps in handling of fire fighting equipment to Auxiliary Staffs from Productions, Security, Quality Control and Oil movement departments to handle / cater emergency situation. Following are the status of Hose Handling Drills practices which were carried out in the month of **March 2018**.

S. No	Date	Team Leader	Nos. of Participant Attended	Nos. of Absentees
01.	06-03-2018	Muhammad Riaz	11	02
02.	13-03-2018	Azam Baig	12	01
03.	20-03-2018	Shahid Mehmood / Azam Baig	12	01
04	27-03-2018	Jamil Ahmed / Iqbal Ali	12	01

## Hose Handling Drill K.T

S. No	Date	Team Leader	Nos. of Participant Attended	Nos. of Absentees
01.	07-03-2018	Muhammad Shafiq Ansari	04	—
02.	14-03-2018	Muhammad Shafiq Ansari	04	—
03.	21-03-2018	Asif Bhatti	06	—
04.	28-03-2018	Asif Bhatti	04	—



## INCIDENT / ILL HEALTH AND LOSS TIME INJURY

Near miss	A near miss describes incident where no property was damaged and no personal Injury sustained, but when given a slight shift in time or position, damage and / or injury easily could have occurred.
Incident	An incident is an unplanned, undesired event that adversely affects completion of a task.
Accident	An accident is an undesired event that results in personal injury, property damage and equipment damage.
Loss Time injury (LTI)	If any NRL employee on duty had on the job accident, which render the employee medically unfit to resume of his duty next 24 hours is considered to be lost time injury (LTI).

## MONTHWISE STATUS OF INCIDENT & LOSS TIME INJURIES

Sr. No.	MONTH	INCIDENTS	LOSS TIME INJURIES
01.	January 2018	01	Nil
02	February 2018	03	Nil
03	March 2018	01	Nil
<b>Total No.</b>		<b>05</b>	<b>Nil</b>

## INTERNAL MONITORING CONDUCTED BY HSE DEPARTEMENT

S. #	Testing	Locations	Date (NRL)	Date (K.T)
1	H <sub>2</sub> S and VOC	Plant area, Storage tanks, Flare area, Management block parking, Q.C,Gantries & terminals.	7 <sup>th</sup> & 8 <sup>th</sup> March 2018	13 <sup>th</sup> March 2018
2	Illumination	Control rooms, canteen & corridors.		
3	Noise Level	Plant area, Power generation & Pump house		
4	Drinking Water	Different locations in NRL	31 <sup>st</sup> March 2018	-
5	Rain Water Channel Monitoring	Inside NRL	28 <sup>th</sup> March 2018	-

## ہیٹ اسٹروک

### 1 وجوہات

- پانی کی کمی، براہ راست دھوپ اور سورج کی تپش، جسم کے درجہ حرارت میں اضافے کا بے قابو ہونا۔
- ہیٹ اسٹروک اس وقت ہوتا ہے جب جسم اپنے درجہ حرارت میں اضافے کو کنٹرول کرنے میں ناکام ہو جاتا ہے۔
- ہیٹ اسٹروک سورج کی تپش میں مسلسل جسمانی مشقت کرنے سے ہوتا ہے۔

### 2 علامات

- چند سیکنڈ سے زیادہ دیر تک بے ہوش ہونا یا جھکے لگنا۔
- 105 ڈگری سے زیادہ بخار ہونا۔
- سانس لینے میں دشواری۔
- الجھن، شدید بے چینی، پریشانی۔
- دل کی دھڑکن کا تیز ہونا۔
- زیادہ پسینہ آنا یا بالکل پسینہ بند ہو جانا۔
- جلد کا سرخ، گرم یا خشک ہو جانا۔
- قے، دست اور سر میں درد ہونا۔

### 3 ابتدائی طبی امداد

- ایسے شخص کو فوراً گرم جگہ سے ٹھنڈی جگہ منتقل کریں۔
- فوری طور پر ٹھنڈا پانی، ORS، لیموں پانی یا لسی پلائیں۔
- مریض کے کپڑے چست و تنگ ہوں تو انہیں ڈھیلا کر دیں۔
- جسم کے درجہ حرارت کو کم کرنے کے لیے پکھا چلائیں، پکھانہ ہو تو گتے یا اخبار سے جسم کو ہوا پہنچائیں۔
- گردن، بغلوں، کلائی ہنٹوں اور رانوں پر برف کی سکاٹی کریں، البتہ برف کے پانی سے اس شخص کو نہ لائیں۔
- متاثرہ شخص کی ناگہیں کسی اونچی چیز پر رکھیں۔

### 4 احتیاطی تدابیر

- زیادہ دیر تک گرم درجہ حرارت میں رہنے سے بچیں۔
- چھاؤں میں کام کریں یا سر اور چہرے کو ڈھانپ کر رکھیں۔
- چائے، کافی، کولڈ رنگ، الکوحل وغیرہ کے استعمال سے بچیں۔
- خوب مشروبات پیئیں۔
- گرم کپڑے نہ پہنیں۔
- باہر نکلیں تو لمبے بازوں کی قمیص پہنیں۔
- بھاری اور محنت طلب کام دن کے آغاز ہی میں نمٹالیں۔
- دوپہر اور تپش میں مشقت کرنے کی صورت میں وقفے وقفے سے جسم کو آرام دیں اور خوب پانی پیئیں۔

### کون متاثر ہو سکتا ہے؟

#### Who is at risk?



Seniors



Children



Sportsmen



Labour



### کیفیات و علامات

#### Signs & Symptoms



No Sweating



Hot, Red & Dry Skin



Nausea & Vomiting



Extreme Thirst



Dizziness



Unconsciousness

### احتیاطی تدابیر

#### Preventive Measures



Avoid Direct Heat Exposure



Drink Plenty of Water & Juices



Take Cold Water's Showers



Avoid Hot Beverages



Consult Doctor in Emergency